

## WOMAN AVOIDS OPERATION

Medicine Which Made Surgeon's Work Unnecessary.

Astoria, N. Y. — "For two years I was feeling ill and took all kinds of tonics. I was getting worse every day. I had chills, my head would ache, I was always tired. I could not walk straight because of the pain in my back and I had pains in my stomach. I went to a doctor and he said I must go under an operation, but I did not go. I read in the paper about Lydia E. Pinkham's Vegetable Compound and told my husband about it. I said 'I know nothing will help me but I will try this.' I found myself improving from the very first bottle, and in two weeks time I was able to sit down and eat a hearty breakfast with my husband, which I had not done for two years. I am now in the best of health and did not have the operation." — Mrs. JOHN A. KOENIG, 502 Flushing Avenue, Astoria, N. Y.

Every one dreads the surgeon's knife and the operating table. Sometimes nothing else will do; but many times doctors say they are necessary when they are not. Letter after letter comes to the Pinkham Laboratory, telling how operations were advised and were not performed; or, if performed, did no good, but Lydia E. Pinkham's Vegetable Compound was used and good health followed.

If you want advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

## The Wretchedness of Constipation

Can quickly be overcome by CARTER'S LITTLE LIVER PILLS. Purely vegetable — act surely and gently on the liver. Cure Biliousness, Headache, Dizziness, Indigestion. They do their duty. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

W. N. U.

## Most Powerful and Penetrating

Therefore GOWANS relieves quickly. Goes straight to the spot. Breaks up congestion and reduces the fever.

Rub GOWANS over the throat and chest. It promptly absorbs through the skin, relieving rapidly soreness, tightness or congestion. For sale by all dealers. Sample and testimonials on request. "Demand GOWANS because GOWANS is more penetrating." The GOWANS Medical Co., Concord, N. C.

## GOWANS Rub-It-On

FOR COLDS, COUGHS, BRONCHITIS

## SAVE-TH-HORSE

has stood alone and unique among veterinary remedies for over 20 years.

Mr. Glen Owen, Wellington, Kansas, writes: "My mare got caught in railroad and nearly pulled off her leg. Leg swollen twice its natural size. It was awful. I enclosed picture to see if you can tell which leg it was. It is now two years, and she has never taken a step since Save-The-Horse got in its work. Every bottle sold with Signed Contract Bond to return money if remedy fails on Ringbone, Thrush, SPAYIN or ANY Sore, Knots, Ankle, Hoof or Tendon Disease. No blistering or loss of hair. Horse works as usual."

But write: BOOK, Sample Contract & ADVICE—ALL FREE (to Horse Owners & Managers). Address TROY CHEMICAL CO., 5 Commerce Ave., Binghamton, N. Y.

Druggists everywhere sell Save-The-Horse with CONTRACT or we send by Parcel Post.

## PUPIL NURSES NEEDED

March 1st and April 1st  
Exceptional advantages — Modern Nurses' Home; fully equipped Class Rooms; eight hour schedule; allowance of \$5.00 per month with uniforms and text books after three months probationary period; two years of high school required for entrance. For full particulars address MISS FREDERICKA K. GAISER, Superintendent of Nurses, City Hospital, Cleveland, Ohio

**MOTHER GRAY'S SWEET POWDERS FOR CHILDREN**  
Relieve Feverishness, Constipation, Colds and correct disorders of the stomach and bowels. Used by Mothers for 28 years. All Druggists, 25c. Sample mailed FREE. Address Mother Gray Co., LeRoy, N. Y.

**PARKER'S HAIR BALSAM**  
A toilet preparation of merit. Cleanses, softens, dandruff. For Restoring Color and Beauty to Gray or Faded Hair. 50c. and \$1.00 at Druggists.

## PATENTS

Best quality, black, colors, novelties. Dealers price. Samples sent, state kind required. GILLETTE BROS. CO., Box 255, Cincinnati, Ohio

W. N. U., CINCINNATI, NO. 5-1916.

## Get the Habit of Drinking Hot Water Before Breakfast

Says we can't look or feel right with the system full of poisons.

Millions of folks bathe internally now instead of loading their system with drugs. "What's an inside bath?" you say. Well, it is guaranteed to perform miracles if you could believe these hot water enthusiasts.

There are vast numbers of men and women who, immediately upon arising in the morning, drink a glass of real hot water with a teaspoonful of limestone phosphate in it. This is a very excellent health measure. It is intended to flush the stomach, liver, kidneys and the thirty feet of intestines of the previous day's waste, sour bile and indigestible material left over in the body which, if not eliminated every day, become food for the millions of bacteria which infest the bowels, the quick result is poisons and toxins which are then absorbed into the blood causing headache, bilious attacks, foul breath, bad taste, colds, stomach trouble, kidney misery, sleeplessness, impure blood and all sorts of ailments.

People who feel good one day and badly the next, but who simply can not get feeling right are urged to obtain a quarter pound of limestone phosphate from any druggist or storekeeper. This will cost very little but is sufficient to make anyone a real crank on the subject of internal sanitation.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so limestone phosphate and hot water act on the stomach, liver, kidneys and bowels. It is vastly more important to bathe on the inside than on the outside, because the skin pores do not absorb impurities into the blood, while the bowel pores do. —Adv.

**The Uncertain Future.**  
During a theatrical engagement at Manchester, England, Kemble and Lewis were walking one day along the street when a chimney sweeper and his boy came up. The boy stared at them with open mouth and exclaimed: "They be play actors."

"Hold your tongue," said the old sweep, "you don't know what you may come to yourself."

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish bowels — you always get the desired results with Cascarets.

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to-night; put an end to the headache, biliousness, dizziness, nervousness, sick, sour, gassy stomach, backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happiness and a clear head for months. No more days of gloom and distress if you will take a Cascaret now and then. All stores sell Cascarets. Don't forget the children — their little insides need a cleansing, too. Adv.

## TO STOP TERRIBLE RHEUMATIC PAINS

Get a box of true Mustarine in the original yellow box for about 25 cents at druggists. Rub it on the inflamed joints or muscles, and that almost unbearable agony will go at once.

No rheumatic sufferer can afford to be without true Mustarine, for it never fails to give blessed relief. Use it for aches or pains anywhere, and for sore throat, bronchitis and pleurisy. There's relief in every rub. It stops pain and congestion. True Mustarine is made by Segy Medicine Co., Rochester, N. Y.

Why He Quit.  
"What did he have to say for himself?"  
"Nothing. His wife was with him." — Judge.

## When Housework Drags

Keeping house is hard enough when well. The woman who has a bad back, blue, nervous spells, and dizzy headaches, has a hard lot, for the family tasks never let up. Probably it's the result of kidney trouble and not the much-feared "woman's weakness." Strengthen the kidneys with Doan's Kidney Pills. They are as harmless as they are effective and may be used for children with weak kidneys, too.

## An Ohio Case

Mrs. A. Barton, 241 North St., Logan, O., says: "I was in misery with dull pains across the small of my back and was confined to bed. The kidney secretions were in bad shape and I thought I would go insane with the pain. I was so weak and nervous I hardly knew what I was at and my head ached terribly. After the doctor failed, I tried Doan's Kidney Pills and they restored me to good health."

Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

Inexplicable.  
"I understand Scribner's latest novel is a failure, although he hopes it would be a 'best seller.'"

"How do you account for that?"  
"I can't explain it. The binding of the book would make it an ornament for anybody's library table, and the illustrations were done by a well-known artist."

## RECIPE FOR GRAY HAIR.

To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 4 oz. of glycerine. Apply to the hair twice a week until it becomes the desired shade. Any druggist can put this up or you can mix it at home at very little cost. It will gradually darken streaked, faded gray hair and removes dandruff. It is excellent for falling hair and will make harsh hair soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. —Adv.

Old-Fashioned.  
"She's an old-fashioned girl, isn't she?"  
"Dear me, yes! She had on a frock at least six months old." —Life.

## Whenever You Need a General Tonic

Take Grove's  
The Old Standard Grove's Tasteless chill Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

What Made It Lean.  
She — What made the tower of Pisa lean?  
He — It was built in an age of famine. —Lampoon.

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative — three for a cathartic. —Adv.

Mean.  
"Jack proposed three times before I accepted him."  
"To whom, dear?"

Piles Relieved by First Application  
And cured in 3 to 4 days by PAIN EXPELLER, the universal remedy for all forms of Piles. Druggists refund money if it fails. 50c

If some people knew how little they knew they would probably talk less.

## To Cleanse and Heal Deep Cuts

Money Back If It Fails  
Have it on hand

**HANFORD'S Balsam of Myrrh**  
ALINIMENT

For Cuts, Burns, Bruises, Sprains, Strains, Stiff Neck, Chilblains, Lamé Back, Old Sores, Open Wounds, and all External Injuries.  
Made Since 1846. Ask Anybody About It  
Price 25c, 50c and \$1.00

OR WRITE  
All Dealers G. C. Hanford Mfg. Co. SYRACUSE, N. Y.

## Simplicity Incubators

The Free Simplicity Book tells all about this wonderful hatchery. Its compact, modern design and splendid hatching qualities. Ask your dealer or write us. Indianapolis, Ind. 1041 E. Dwyer St.

Write the J. Wilder Seed Co., 139 West Sixth St., Cincinnati, Ohio, for their free 80 page, 1916 booklet on

## Garden Flower and Field Seeds

telling you what to plant, when and how. Also how to spray your trees

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**Nine Kinds of Skinner's Products**  
Macaroni, Spaghetti, Egg Noodles, Cut Macaroni, Cut Spaghetti, Elbows, Soup Rings, Alphabetos and Vermicelli. Can be cooked 58 different ways. Delicious, helpful food that takes the place of high-priced meat.

Buy Skinner's Products by the case — 24 packages. Cheaper. All good grocers sell Skinner's Products. Save the trade-mark signatures. Send coupon today.

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Largest Macaroni Factory in America  
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Careless.  
"What brought you here, my poor man?" asked the prison visitor.  
"Just plain absent-mindedness," replied the prisoner.  
"Why, how could that be?"  
"I forgot to scratch the monogram off a watch before I pawned it."

Not the Same.  
"Time is money, you know."  
"I suppose that's why Jiggers thinks he's doing his friends a favor when he spends the evening with them."

Timid Rastus.  
"What? Yo' calls Rastus Johnsing a brave man whafs afraid of nuthin' nor nobody?"  
"Dat's de kind of a pusson I always took Rastus to be."  
"Lemme tell yo' something. Rastus was at de ball las' night, an' when de trouble started he didn't have nuthin' but a safety razor."

Happy is the wife who believes that her husband is the best man on earth.

## Cuba Lady Discovers New Remedy For Croup — You Just Rub It On

Apply Well Over Throat and Chest, Then Cover With a Warm Flannel Cloth.

Mrs. Ida Ford lives in Cuba, Mo., and not on the Island of Cuba, and her discovery is one that many other Missouri mothers have made since Vick's Vap-O-Rub was introduced here from the South last winter. And this discovery is simply this: — that it is no longer necessary to disturb the delicate little stomachs of the kiddies in treating cold troubles. But let Mrs. Ford speak for herself.

"I have tested Vap-O-Rub three times on my little boy four years old for croup, and can say I have never used a medicine of greater value for this trouble. It acted almost immediately. My boy is subject to croup and I have used almost every kind of medicine one could buy for it, but it was always about three days and nights before I could get it checked. Vick's Vap-O-Rub acted almost immediately. You may use this letter if

you wish, and I will take pleasure in answering any inquiries."

Vick's Vap-O-Rub is the invention of a North Carolina druggist. He found how to combine Menthol and Camphor with the volatile oils of Eucalyptus, Thyme, Cubeb and Juniper in a salve form, so that, when Vap-O-Rub is applied externally, the body heat releases the ingredients in the form of vapors. These vapors are inhaled with every breath, through the air passages, to the lungs, loosening the phlegm, and, in addition, Vick's is absorbed through the skin, taking out the tightness and soreness. This double action makes Vap-O-Rub useful for a wide range of troubles. From inflammations of the air passages, such as head colds, catarrh, asthma, sore throat, bronchitis or deep chest colds, down to inflammations of the skin and tissues, such as burns, bruises, stings, piles and itchings. We particularly recommend it for mothers with small children, as it can be used freely, with perfect safety, on the youngest member of the family. Three sizes, 25c, 50c or \$1.00. The Vick Chemical Company, Greensboro, N. C.

## VICK'S "VAPORUB" SALVE

### THOUSANDS HAVE KIDNEY TROUBLE AND DON'T KNOW IT

Weak and unhealthy kidneys cause so much sickness and suffering and when through neglect or other causes, kidney trouble is permitted to continue, serious results may be expected.

Your other organs may need attention — but your kidneys should have attention first because their work is most important.

If you feel that your kidneys are the cause of your sickness or run down condition commence taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy, because if it proves to be the remedy you need and your kidneys begin to improve they will help all the other organs to health.

## Prevalency of Kidney Disease.

Most people do not realize the alarming increase and remarkable prevalence of kidney disease. While kidney disorders are among the most common diseases that prevail, they are almost the last recognized by patients, who usually content themselves with doctoring the effects, while the original disease constantly undermines the system.

## A Trial Will Convince Anyone.

Thousands of people have testified that the mild and immediate effect of Swamp-Root, the great kidney, liver and bladder remedy, is soon realized and that it stands the highest for its remarkable results in the most distressing cases.

## Symptoms of Kidney Trouble.

Swamp-Root is not recommended for everything but if you suffer from annoying bladder troubles, frequently passing water night and day, smarting or irritation in passing, brick-dust or sediment, headache, backache, lame back, dizziness, poor digestion, sleeplessness, nervousness, heart disturbance due to bad kidney trouble, skin eruptions from bad blood, neuralgia, rheumatism, lumbago, bloating, irritability, worn-out feeling, lack of ambition, may be loss of flesh or sallow complexion, kidney trouble in its worst form may be stealing upon you.

## Swamp-Root is Pleasant to Take.

If you are already convinced that Swamp-Root is what you need, you can purchase the regular fifty-cent and one-dollar size bottles at all drug stores.

**SPECIAL NOTE**—You may obtain a sample size bottle of Swamp-Root by enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y. This gives you the opportunity to prove the remarkable merit of this medicine. They will also send you a book of valuable information, containing many of the thousands of grateful letters received from men and women who say they found Swamp-Root to be just the remedy needed in kidney, liver and bladder troubles. The value and success of Swamp-Root are so well known that our readers are advised to send for a sample size bottle. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention this paper.